

ADR LUNCHTIME SERIES

Nonviolent Communication: A Language of Compassion Rather than Domination

Nonviolent Communication (NVC) is a process, designed by Dr. Marshall Rosenberg, which involves language, thought, communication and a commitment to a certain use of power. In this presentation, we learn the ways of thinking and certain types of language that alienate us from one another. We will also be introduced to the NVC process, which guides us to reframe how we express ourselves, how we hear others, and how to resolve conflicts using a four-step model. Learn how NVC helps to create the kind of dialogue that fosters a more satisfying resolution for everyone.

Speaker: Tracey Cairnie, President, CoreVision LLC

**Presented by: The Interagency ADR Working Group,
Workplace Conflict Management Section**

Date: Tuesday, November 29, 2011
Time: Noon - 1:30 PM (EASTERN TIME)
Please allow extra time for security procedures

Location: U.S. Department of Energy
1000 Independence Ave, SW, Room GJ-015
Washington, D.C. 20585

Directions:

Orange/Blue Line-Smithsonian/Holocaust Museum/Bureau of Engraving and Printing Exit; **Yellow Line**-L'Enfant Plaza/Maryland Ave. Exit

To attend in person, please register by email to satta.nallo@associates.dhs.gov and provide name, citizenship, and agency/employer by November 21.
Questions? Please call Satta Nallo at (202) 646-2835.

To listen only via teleconference, please call (225) 383-8961; access code 852996. For questions or problems during the teleconference, please call AT&T specialist at (800) 526-2655, folder ID# 939935732. The handouts will be posted a few days before this program at <http://www.adr.gov/events.html>. If you have questions during the program, please e-mail Victor Voloshin at Victor.Voloshin@eeoc.gov.